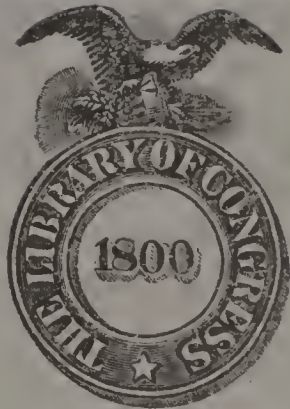


# Story Pictures of Farm Foods

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BY JOHN Y. BEATY



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# STORY PICTURES OF FARM FOODS



# STORY PICTURES OF FARM FOODS

By  
JOHN Y. BEATY  
*Author of*  
*Story Pictures of Farm Animals*  
*and*  
*Story Pictures of Farm Work*



Photographs by J. C. Allen and Others

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## Contents

	Page
A Visit with Uncle John . . . . .	7
Fruits . . . . .	15
Milk . . . . .	55
Sweets . . . . .	77
Vegetables . . . . .	89
Eggs . . . . .	151
Nuts . . . . .	155
Grain . . . . .	165
Meats . . . . .	181
One Hundred Eight Foods Which Come from Farms . . . . .	187





## A Visit with Uncle John

Charles and Betty Ann lived in a big city. They came to visit their Uncle John who lived on a farm.

The children had not been on a farm before. They saw many new things.

"We had such a good time today," said Charles one evening.

"Yes, and we had such good things to eat, too," said Betty Ann.

"I am glad of that," said Uncle John, "but do you know where all of those good things came from?"

"I know," said Charles. "They came from the store."

"But where did the storekeeper get them?" asked Uncle John.

"Let me think," said Betty Ann. "I know! Some of them grew right here on your farm!"



"If we go back to the beginning, all of them came from the farm," said Uncle John.

Then he said, "Let us play a game. Write on a piece of paper the names of the things you have eaten today. We will start with the breakfast."

Charles and Betty Ann found some paper. Betty Ann wrote, "Oranges, toast, butter, eggs, bacon, milk."

"That makes six things we had for breakfast," said Charles.

"That is right," said Uncle John. "Now write the names of the foods we had for lunch."

"Vegetable soup," they wrote.

"Vegetable soup is made of many kinds of vegetables," said Betty Ann. "It is made by boiling vegetables and meat in water."



“What vegetables were used in the soup?” asked Uncle John.

“Carrots, onions, and potatoes,” said Charles.

“Yes, and there were peppers, celery, cauliflower, and tomatoes, too,” said Uncle John.

“What does cauliflower look like when it comes from the garden?” asked Charles.

Uncle John brought a cauliflower from the kitchen. Betty Ann sat on his knee, and Charles stood beside the chair.

Uncle John told them that the white part would have grown into seeds if it had not been picked.

“When cauliflower is growing, the white part is covered with long leaves. Aunt Anna cut the leaves away when she picked it,” said Uncle John. “We do not eat cauliflower leaves.”



“Now write the names of the things we had for dinner,” said Uncle John.

This was not so easy, but with Uncle John’s help, the children put the names on the paper.

Here are the names of the foods: beef, potatoes, peas, tomatoes, celery, olives, pickles, chili sauce, bread, butter, cottage cheese, lettuce, oranges, dates, nuts, raisins, milk, cream, and apple pie.

“What is apple pie made of, Charles?” asked Betty Ann.

“Apples, of course,” said Charles.

“That isn’t all,” said Betty Ann.  
“There is flour, butter, and salt.”

Betty Ann had helped her mother make apple pie, and so she knew that flour and salt and butter were used in making the crust.

Charles did not think of the crust.





There were six kinds of food in the salad: lettuce, oranges, cheese, dates, raisins, and nuts.

The chili sauce was made of five kinds of foods: tomatoes, onions, peppers, sugar, and vinegar.

The children found there had been twenty-one kinds of food for dinner.

## The Pictures in This Book



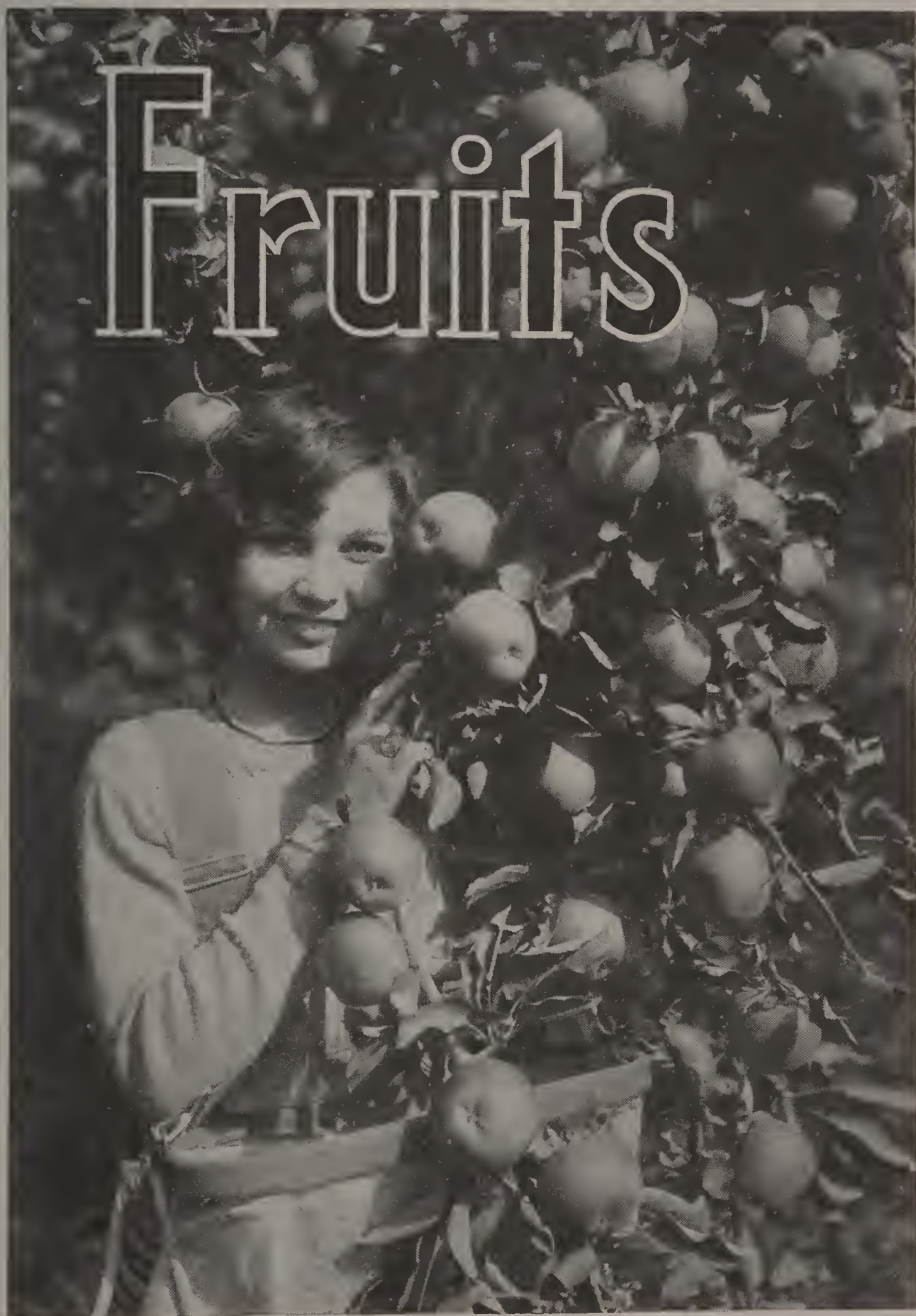
You may wish to know how the foods look as they grow on the farm. Betty Ann and Charles wished to know, so Uncle John showed them.

The pictures in this book are the ones that Uncle John and the children looked at as he told them about different kinds of food.

Uncle John tells you the stories here that he told Betty Ann and Charles on the farm. These are all true stories and true pictures of things as they grow in the garden and the field.



# Fruits





## Twenty-Nine Kinds of Fruit

How many kinds of fruit did Charles and Betty Ann have in one day at Uncle John's house?

They had apples in the apple pie. They had dates in the salad. They had oranges for breakfast, and olives for dinner.

Apples are fruits with cores. There are two other fruits with cores: the pear and the quince.

Oranges are citrus fruits. There are four other citrus fruits. They are: lemon, lime, grapefruit, and tangerine.

We call the date a "stone fruit" because its seed is inside a stone. There are seven other stone fruits: plum, prune, peach, apricot, persimmon, cherry, and olive.

There is one fruit that is mostly seeds. It is called fig.





Figs grow on large trees. They have a thin skin. Boys and girls like figs because they are sweet.

Then there are six berries that grow on bushes: blackberry, raspberry, currant, blueberry, gooseberry, and loganberry.

The mulberry grows on a tree.

Grapes grow on vines.

Strawberries and cranberries grow on low plants.

## How Fruits Grow

Before you see a fruit on the tree, you see a flower. When the flower dies, a fruit begins to grow in its place.

The flowers of some fruits are white, some are pink, and some are green.

Most kinds of fruit are green when small. When they are ready to be eaten, many of them are of another color.

## Why We Like Fruit

Do you know why we all like fruit so well? Many fruits are sweet, and we like sweet things. Most fruits are full of juice, and we like juice.

All fruits grow in the sunshine. We like sunshine. When we eat fruit, it is almost like eating sunshine.

We should eat much fruit for it helps make us grow big and strong.



## Dates

Dates grow on a tree called the date palm. You see the fruits hanging from the tree in large bunches. The fruits are brown and sweet. We eat them raw.

We also eat dates in cakes, in puddings, and in candy.

Inside the date is a long stone. Inside this stone is the seed.







## Apples

These apples are hanging on the branch of a tree where they grew. They are red apples. They are ready for someone to eat. How many could you eat? One would be enough.

The skin of an apple is hard. It is green before it is ready for us to eat. Some kinds of apples are green after they are ripe. Some are red. Some are yellow.

Some apples are sweet. Children like to eat sweet apples.

Some apples are sour. They are called cooking apples. They are used in making pies. The pies are not sour because sugar is put into them.

Apples are sometimes cut into thin slices and placed in the sun to dry. Dried apples will keep a long time. We use them in winter for apple pie.

## Picking Apples

Do you know how apples are picked? A man must climb a ladder to reach the apples. He can reach only a few of them from the ground.

The man has a cloth bag. As he picks the apples, he puts them into the bag.

If these apples were left to drop to the ground, they would have spots on them.

The soft spots would soon turn brown. Then the apple would not taste good, and we would not want to eat it.

After the bag is filled, the man puts the apples into barrels, like the one you see in the picture.

Then he climbs up the ladder and picks more apples.

When the barrels are full, they are put in a room where the apples will keep cool and dry until they are used.





## Pears

Pears grow on trees as apples do. In the middle of a pear are several pockets. Inside of each pocket is a seed. The pockets and the seeds together are called the core.

Some pears are green when they are ready to eat. Some are yellow. Some are red and yellow.

Some pears are good to eat raw. Some are cooked. Sometimes pears are put into jars to eat in the winter.

## Quinces

The quince also grows on a tree. It looks a little like an apple, but it does not taste good until it is cooked.

The quince is green or yellow, and it has a core. It is hard when it is ripe. Quinces are made into jelly.





## Cherries

You can see that cherries grow close together. Each cherry has a long stem.

A cherry is about as big as a marble and its seed is in a smooth stone. If the cherries that grew on one tree were made into pies, there would be more pies than all the children in your room could eat in two days.



## Making Cherry Pies

In this picture you see Grandma making cherry pies. You can see the cherries in a bowl on the table. The stones have been taken out of the cherries and there is sugar on them.

Grandma has just made the pie crust. She puts it in pie pans and then fills the pans with cherries. She puts another crust over the top. Soon she will put the pies in the oven to bake.

The little kitten seems to be interested in cherry pies. Cats do not like pies, but boys and girls do. These children can hardly wait until Grandma gives them some pie.

Grandma will cut one pie into six pieces. Then there will be a piece for each child, one for Grandma, one for Grandpa, and one for you.

## Picking Peaches

Joe looks happy standing under the branches of a peach tree. There are so many peaches on each branch that the branches bend over. See the peaches in Joe's hat. There are enough to make any boy smile. It is fun to pick peaches.

Peaches are easy to pick. They grow on low trees. Joe picked enough peaches to fill his hat as he stood on the ground.

Would you like to pick peaches?

Peaches have a soft skin. When a peach is very ripe, you can push your finger through the skin.

When the peach is green, it is hard and not good to eat. When it is yellow, it is good to eat. Some peaches are red and yellow when they are ripe.

We like to eat ripe peaches. We like them also when they are cooked.





The seed of the peach is inside the stone. The stone is hard and round. You could break it only with a hammer.

## **Apricots**

Apricots look much like small peaches. There is fuzz on the skin, just like the fuzz on the skin of a peach.

The seeds are in hard stones that look very much like the stones in peaches.

But the apricot is an orange color when it is ripe and it does not taste much like a peach.

If you ask your mother to make an apricot pie, she may make it of dried apricots. Many apricots are dried in the sun to use when we cannot get fresh ones.

Other fruits that are dried in the sun are: peaches, apples, prunes, raisins, pears, figs, and raspberries.

## Plums and Prunes

Four other fruits have smooth stones like those of the cherry. These are plums, prunes, olives, and persimmons.

Plums and prunes are much alike. They are larger than cherries, but not so large as peaches.

A prune is a kind of plum that is dried in the sun. Prunes can be kept for several years. Plums are used when they are fresh, or are cooked and put into cans or glass jars.

## Persimmons

Persimmons look a great deal like plums. They, too, grow on trees and have one or more hard seeds.

We eat the persimmon when it is ripe without it being cooked. If you should eat a persimmon when it is green, you would not like it.





## Olives

Olives grow on trees. When the olive is picked, it is bitter. It must be kept in salt water for many weeks. Then it is good to eat.

Here you see women putting olives into tin cans. These will be sent to the stores.

Some olives are green. Black olives are called ripe olives.

Each olive has a long stone inside.



## Figs

If you eat a fig, you will learn that it is almost all seeds. Boys and girls like figs. They are sweet.

The seeds are so small and so soft that you will not care if there are many.

Figs grow on trees that are about the same size as apple trees.

In places where figs grow, people eat them just as they come from the trees. These fresh figs are shipped in boxes to big cities.

Figs are dried and sent to many places where they cannot be grown. Figs will keep a long, long time after they have been dried. You can buy them in stores.

Figs are used in cakes and pies and candy.

Some children like to eat dried figs as they eat candy.

## Citrus Fruits

You know what oranges are. But not many children know that there are four other fruits that belong to the same family as oranges. They all belong to the citrus family.

The names of the other citrus fruits are: lemon, grapefruit, lime, tangerine.

Citrus fruits have no cores and no stones. But most citrus fruits have some seeds in them.

The inside of a citrus fruit is made of many small bags filled with juice. Ask your mother to show you these tiny bags of juice in an orange.

The skin of a citrus fruit is thicker than the skin of an apple.

We sometimes eat the skin of an orange when it is cooked with sugar and water. We call this orange marmalade.



## Orange Trees

Here you see orange trees. The branches reach almost to the ground. You could stand on the ground and pick the oranges. Would you like to do that?

The farmer is driving a tractor that pulls a disc. The disc cuts the earth. Then the orange trees grow better.



## Oranges and Orange Blossoms

Blossoms and oranges grow on a tree at the same time, as you can see in the picture. Most fruit trees have blossoms in the spring. Then, when the blossoms fall off, the fruit grows where the blossom was.

But it is different with oranges. The orange blossoms come every month in the year.

The orange tree is an evergreen. Its leaves do not die and fall to the ground in winter. Its fruit does not stop growing in the fall as do apples and pears. There are new fruits growing on an orange tree all the time. That is why orange trees grow only where it is warm in winter.

At first the fruit is green. Later it changes to orange color. Then we know that the fruit is ready to eat.





## Other Citrus Fruits

Ralph lives in Texas. In this picture you see him picking a grapefruit for his breakfast. This fruit is called grapefruit because the fruits grow close together on the tree just as grapes grow close together on the stem.

Some of the fruits reach nearly to the ground. The leaves do touch the ground.

The tangerine looks like a small orange, but its skin is thinner. It is easy to pull away the skin with your fingers.

Lemons are yellow and sour when they are ripe. They are not round like oranges. We use the juice of lemons to make other foods taste better. We use it to make lemonade.

A lime looks something like a lemon, but it is smaller. It is used like a lemon. But it does not taste like a lemon.





## Fruits That Grow on Bushes

There are six kinds of fruits that grow on bushes.

They are blackberry, raspberry, currant, blueberry, gooseberry, and loganberry.

These fruits are called bush fruits.

The thorns on the blackberry bushes are large and strong. The thorns on the raspberry and loganberry bushes are smaller.

The thorns on the gooseberry bushes are thin. But they are very sharp and they grow close together. The blueberry and currant bushes do not have thorns.

Do you know why some fruit and flower bushes have thorns? It is to keep cows and other animals from eating the bushes. The thorns hurt the mouths of the animals. When the animals learn that, they do not eat the bushes.



## Gooseberries

Gooseberries grow on bushes that are not often taller than a boy nine years old.

Gooseberries are green when we eat them. We always cook them before they are ripe. They are black when they are ripe.

Gooseberries are very sour. They need much sugar on them.

Did you ever eat gooseberry pie?

## Currants

Currants grow in bunches like grapes. Each fruit is about as big as a pea.

Some currants are black. Some are red, some are yellow. And some are so light that they are called white.

Currants are good to eat with sugar. Currants make fine jelly. They are good in pies.



## Blackberries

A blackberry is made up of many small fruits grown close together.

Each one of the tiny fruits has a seed in the middle. Around the seed is juice.

We all like to eat blackberries with cream and sugar. Blackberries are good when made into pies or jelly. They are put into cans for winter use.



## Raspberries

There are two kinds of raspberries, red and black. Red and black raspberries look much alike.

This picture shows black raspberries. Each berry grows on a short stem. Do you see the thorns on the stems? The thorns are sharp.

Would you like to pick these berries?

## Picking Raspberries

This little boy is picking raspberries. He is helping his mother. She will cook the berries and put them into glass jars.

It would be better if the boy put the raspberries into a pail. If he dropped his hat, the berries would fall into the dirt. Then his mother would not want them.

I hope the boy doesn't drop the hat, don't you?

Red raspberries are softer than black ones. Raspberries are full of juice and would break if you held them tightly in your hand.

Birds like raspberries, too. If people do not pick the berries from the bushes, the birds will eat the berries.

The berries are not all ripe at the same time. They must be picked each day.





## Loganberries and Blueberries

Loganberries and blueberries are not used for food so much as other berries. There are not so many of them grown.

In a few places farmers raise loganberries. They look like large blackberries but they are not black. They are red.

Your mother can buy cooked loganberries in tin cans at the grocery store. She can buy loganberry juice, too.

Blueberries grow on very low bushes. In many places you can find blueberries growing in the woods. We say that they grow wild.

In some places farmers raise them. Blueberries are very small and round. Their color is a pretty blue.

Blueberries are eaten raw with sugar and cream. They are good when made into pies.



## Grapes

Grapes grow in heavy bunches on vines which are not strong enough to stand up like a tree. They must have something to hold them above the ground.

There are four colors of grapes: blue, red, white, and green.

Some kinds of grapes are dried in the sun. These we call raisins.





## Strawberries

Here you can see a farm girl in a field of strawberry plants. She has five strawberries in one hand, and one in the other hand. Do you think she likes strawberries?

The strawberry plant does not have strong stems. It cannot stand up like a bush that has stems of wood. Its stems lie on the ground.

The leaves stand up and cover the berries. When we pick strawberries we must push away the leaves to find the fruit.

Before strawberries are ripe, they are white. We must not eat them until they become red.

The seeds of a strawberry grow all over the outside of the fruit. You can see them all without opening the berry.



## Cranberries

Cranberries grow on low plants.

The cranberry has a hard skin. The seeds are inside, like the seeds of a grape.

The cranberry is sour. Children do not like to pick the cranberries and eat them as they do strawberries.

Mother puts a great deal of sugar with the cranberries when she makes sauce or jelly.

Cranberry sauce is often eaten with turkey on Thanksgiving Day.



## How Fruits Are Used

Boys and girls like to eat most fruits before they are cooked. But there are three fruits that are not good to eat raw.

Do you remember which ones these are? They are the quince, the cranberry, and the olive.

We do not cook olives to make them taste good. Do you know what is done with them? They are placed in salt water.

There are seven fruits that are not often cooked. They are the persimmon, date, orange, lemon, lime, tangerine, and the grapefruit.

But even these are often put with other things that are cooked.

The juice of citrus fruits is used to make other foods taste good.

We say that these juices are used to flavor other foods.

When fruits are cooked, they do not need to be left on the stove very long. They are soft and full of juice.

Most fruits are put into tin cans or into glass jars. Fruits that have been cooked and put into jars or cans will keep for a long time.

We can use canned fruits in winter when we cannot get fresh fruits.

Sometimes fruits are cooked with sugar. Your mother puts sugar into the pan with the fruit. After this has cooked a while, Mother calls it fruit jam.

Sometimes fruits are cooked with spices, vinegar, and sugar. When they are cooked this way, we call them pickled fruits.

Most of the fruits are used in pies and cakes. Some of them are used in other ways.

Sometimes Mother wraps apples in dough and then cooks them in a pan. She calls these apple dumplings.

Fruits are used in puddings. You like date pudding. Other fruits can be used in puddings, too.

Very often fruits are used in making cookies. You have had cookies with raisins in them. Raisins are used in making bread. Dried currants are put into cakes and buns.

Fruits are used in making candy. Sometimes candy is used to cover a cherry or a strawberry or a piece of pineapple. We do not see the fruit, because it is covered with the candy. When we eat the candy, we taste the fruit.

Raw fruit is used in making salads. Often fruit is used with vegetables in salads.

Some kinds of fruits will keep all winter, if they are put away in places that are kept cold.

Apples are kept this way. So are cherries and peaches.

We take the juice out of many kinds of fruits. This juice is cooked with sugar and made into jelly.

Most children like grape juice. The juices of cherries and apples are used in the same way. The juice of apples is called cider.

Fruit juices are also used for making ice cream and the frosting Mother puts on the top of a cake.

There is one more way fruits are used. They are dried in the sun. Then they will keep for a long time.

Can you name two fruits that are often dried?







## Milk

Milk must be kept clean or it will turn sour. That is why the farmer puts the cows in the barn before milking them.

If he milked them outside, dust would get into the milk.

Here you see a man milking a cow. You can see the pail under the cow. The man is drawing the milk into the pail.

The cow is cleaned before the milking is done. Her side is brushed and washed so that no hair will drop into the pail.

The man puts on a clean white suit and cap so that there will be no dirt to fall from his clothes into the milk pail.

He washes his hands and he uses only clean pails for the milk.

Some farmers use a milking machine to do the milking. The machine has a top on it to keep out the dirt. The milk runs into the pail through a clean rubber hose.

All of the pails used for milking must be washed in boiling water to make them clean each time after they are used.

Clean sweet milk tastes good.

Sour milk does not taste good to us. But it can be used in foods that are cooked.





## Cooling the Milk

As soon as milk comes from the cows, it must be cooled. If it is not cooled, it will soon become sour. Then it would not be good, and people would not want to buy it.

The farmer puts the milk into big cans. He puts these cans into a tank of water, and he puts pieces of ice in with the cans. Sometimes fresh cold water is pumped into the tank.

In the picture you can see the inside of a tank.

There is a cover on this tank. The farmer puts the cover down to keep out the warm air. Then the ice does not melt so fast.

The milk is taken to the city once each day. When your mother gets it, she keeps it in a cool place.

## Separating the Cream

Some farmers sell milk. Some sell cream. If a farmer sells cream he must separate it from the milk with a machine like the one you see in the picture.

There is milk in the big bowl at the top of the machine. Inside the bowl the milk spins around very fast. The cream rises to the top, as the boy turns the handle of the machine.

The girl is opening a pipe so the milk can run down into the separator. The cream runs out through one pipe and the milk runs through another. The cream is running into the pail. The milk is running into a big milk can standing on the floor.

These children like to separate the cream from the milk.

Could you turn this cream separator?







## A Creamery

Here you see how butter is made. We call this a creamery, because farmers bring cream here to be made into butter.

The cream is put into round churns. Then the churns turn over and over.

As they turn, the small pieces of thick cream stick to each other. These pieces make the butter. So, you see, butter is a part of the milk.

After a time the churn is stopped. The butter is taken out.

The milk that is left in the churn after all the butter has been taken out is called buttermilk. Many of us like to drink buttermilk.

When the butter is taken from the churn, it is put into a box. In the picture, you can see a man pressing the butter tightly into the box. He uses a heavy block of wood on a handle.

When the box is filled, the sides are taken away. Then the big square piece of butter is cut into smaller pieces which are put into paper boxes.

The boxes of butter are sent to the stores where people buy it.

One creamery makes butter for many families.

Once farmers made all their butter.



## How Cheese Is Made

Cheese is a very good food. Most cheese is made from cow's milk. Some kinds of cheese are made from goat's milk.

When butter is made, only the cream is used. But when cheese is made, all of the milk is used.

First, the milk is made sour. Then it is warmed over a fire.

The part that will be made into cheese gets thick. It floats on top. The thick part of the sour milk is called curd. Most of the food is in the curd.

The thin part of the sour milk is called whey.

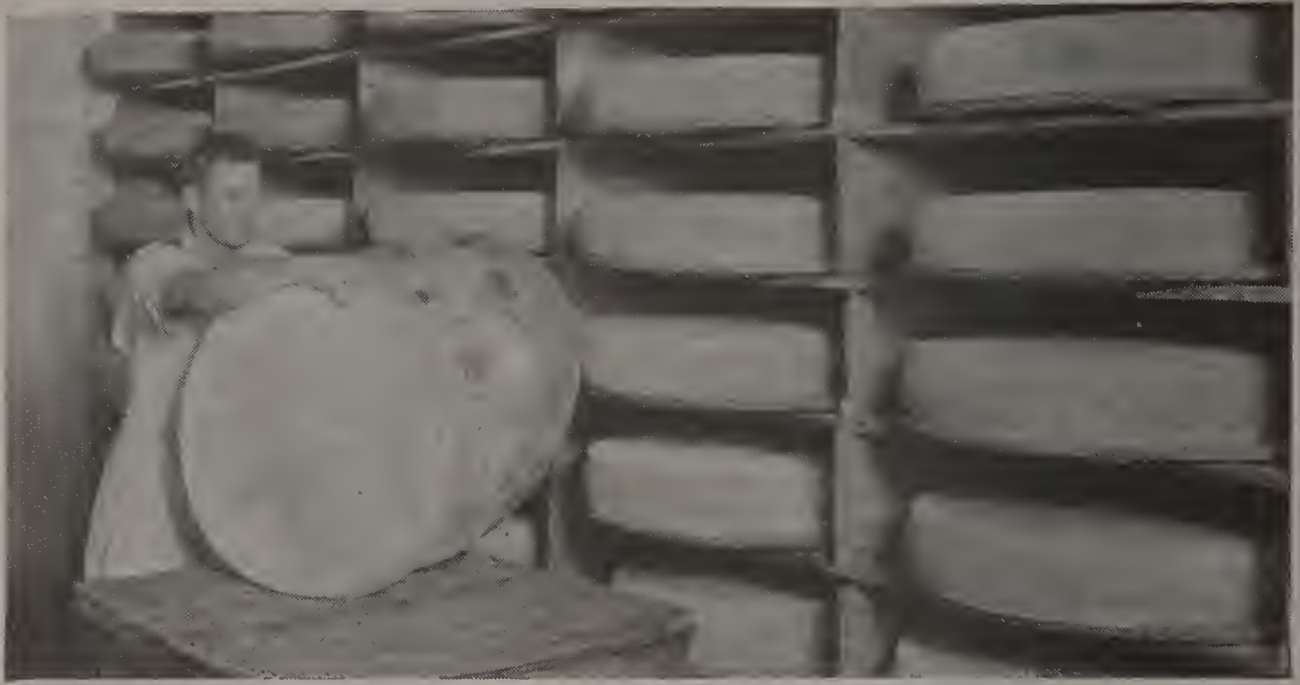
You would not care to drink whey. It does not taste good. Pigs drink it, and farmers take the whey home to feed to their pigs.



### In a Cheese Factory

This is a cheese maker in a cheese factory. He has a scoop in his hand. The sour milk is in a big kettle, in which it has been heated.

The cheese maker is picking up the curd with the scoop, and taking it out of the kettle. It will be pressed into big cakes of cheese.



## Curing Cheese

These big cakes of cheese were made from the curd scooped from the sour milk.

First the cheese is pressed into round cakes. Then it is put on shelves, and kept cool for many weeks. It must be cured in this way before it is ready for us to eat.

There are many kinds of cheese. Some kinds stay in this cool room much longer than others because they do not cure so soon.



## What Farmers Do with Milk

Many farmers have more milk than they need for their families.

Sometimes the cream is separated from the milk, and only the cream is sold.

The skimmed milk is then fed to the chickens and pigs. Milk is good for animals. It makes them grow fast.

Farmers often take milk to a milk station. There the milk is put into bottles to be sent to people in the city. Milkmen in the city get milk from these stations and bring it to your house every day.

Some farmers take milk to homes in the city themselves. They put the milk into bottles. They do this in a milk house on the farm. There the milk is kept cold.



## How Milk Is Put into Bottles

Before milk is taken to the homes of people in the city, it must be put into bottles. A machine is used to fill milk bottles. You can see it in the picture.

The milk is first run over pipes to cool it. There is cold water in the pipes. The cold pipes make the milk cold.

The milk is caught in the large pan. Then it runs out of the pan into the bottles below. When the bottles are full, the machine puts a paper cap on the top of each one.

This cap keeps the milk from running out. It also keeps the dirt from getting into the milk. The bottles are then put into the wire baskets.

Then the milkman comes to get these baskets filled with bottles. He takes the bottles to many homes.





## The Milkman

This little boy lives in town. He is getting a bottle of milk from the milkman who brings milk every morning.

Doesn't the little boy look happy? His name is James. James will take the milk to his mother. I hope he doesn't drop it.

James got up early this morning. He likes to meet the milkman and get the bottle of milk.

You see other bottles in the basket the milkman carries. There is cream in the small bottles. There is milk in the large ones.

The milkman has a pound of butter in his basket. But James' mother does not want butter this morning.

If she wanted butter, James would tell the milkman.

## Why We Drink Milk

These four little girls like to play house. They are playing at having afternoon tea. But instead of tea and cake, they have milk and cookies.

Milk is much better for children. These little girls like milk.

Often milk is taken to the city schools so that the children may have milk to drink at recess.

Children who live in the city need milk even more than children who live on a farm. On the farm, the children are out of doors more. They get more sunshine. But they drink milk because they like it.

Milk is the best food for babies. It is a good food for children. It is a good food for men and women, too.

Doctors often tell sick people to drink milk. It helps them to get well.





## Making a Cake

Patty Lou is helping her mother make a cake. Mother is pouring milk into a cup.

She must put just one cup of milk into the big bowl. There is flour in the bowl.

There are eggs in the jar near Patty Lou.

Patty Lou is turning the handle of the egg beater. The eggs must be beaten before they are put into the cake.

Milk and eggs are used in many of the good things Mother bakes in the oven. They are used in making cookies and cakes. They are used in pancakes and in doughnuts.

Milk is used in making mashed potatoes. It is sometimes used in cooking peas, and asparagus, and cauliflower. It is used with other foods, too.







## Ice Cream

Buddy Fisher is making a funny face. Mother just gave Buddy and his sister ice cream cones. The ice cream is very cold. That is why Buddy makes a funny face.

In making ice cream, we use milk, sugar, eggs, cream, and often fruit juice, too. All of these foods come from farms.



# Sweets





## Sorghum Cane

This is a field of sorghum cane.

Sorghum cane is used for making sorghum molasses.

The stems of the plant are full of juice. The molasses is made from the juice.

These stalks look almost like corn. But they are not so big around as corn.





## Making Sorghum Molasses

The pony is pulling a long pole fastened to rollers. A woman is pushing stalks of sorghum cane between the rollers.

The juice from the cane is boiled in a pan under the shed until it is molasses.

We like sorghum molasses on bread and pancakes. Did you ever taste it?

Molasses is sweet like sirup, but it is much thicker.



## How Sugar Is Made

We get sugar from a plant called sugar cane. There is a picture of sugar cane on the next page.

The stalks are filled with juice. The juice is squeezed out between heavy rollers, just as the juice is squeezed from sorghum cane.

When the juice of the sugar cane is boiled, molasses is made. When this molasses is slowly heated, it turns into sugar.

First, it is brown sugar. Then white sugar is made from the brown sugar. This is done in a large mill where there are many big machines.

Some of the sugar is pressed into lumps. Some of it is ground into powdered sugar.

Sugar is put into barrels, cloth bags, or paper boxes. Then it is sold in the stores.







## Sugar Beets

Sugar is also made from sugar beets. Here you see a field of sugar beets. The men are digging the beets.

The machine you see is a plow that digs the sugar beets out of the ground. The men cut off the leaves before the beets are taken to the sugar mill.



Farmers plant the sugar beets in large fields. The seeds are planted in rows.

The seeds are very rough. They are as rough as a popcorn ball, but they are not so large. They are about as big as a pea.

When the little beet plants begin to grow, you can see the thick leaves above the ground. You do not see the beets because they are under the ground. The beets are full of juice.

The juice is taken out of the beets in a sugar mill. Then it is boiled. After a while only the sugar is left in the pan.

Sugar made from beets tastes almost like sugar made from cane. There is a difference, though.

Sugar cane is grown only where it is warm most of the time. Sugar beets will grow where it is cold in winter.



## Gathering Maple Sap

Maple sirup and maple sugar are made from the sap that comes from maple trees in the spring.

The man made a hole in each tree so the sap would run out. He has come to get the sap that has run into the buckets. He will take it away to be made into maple sirup and maple sugar.



## Maple Sirup and Sugar

This big tank is in a shed near the maple trees. The maple sap has been poured into the tank. It is being boiled, to make maple sirup.

Edith is stirring the sap to keep it from burning. Soon it will be maple sirup.

If it is boiled longer, it will be maple sugar. The sugar will be made into cakes. These will be sent to the city.

We like to eat maple sugar. We like maple sirup on pancakes.





## Honey Bees

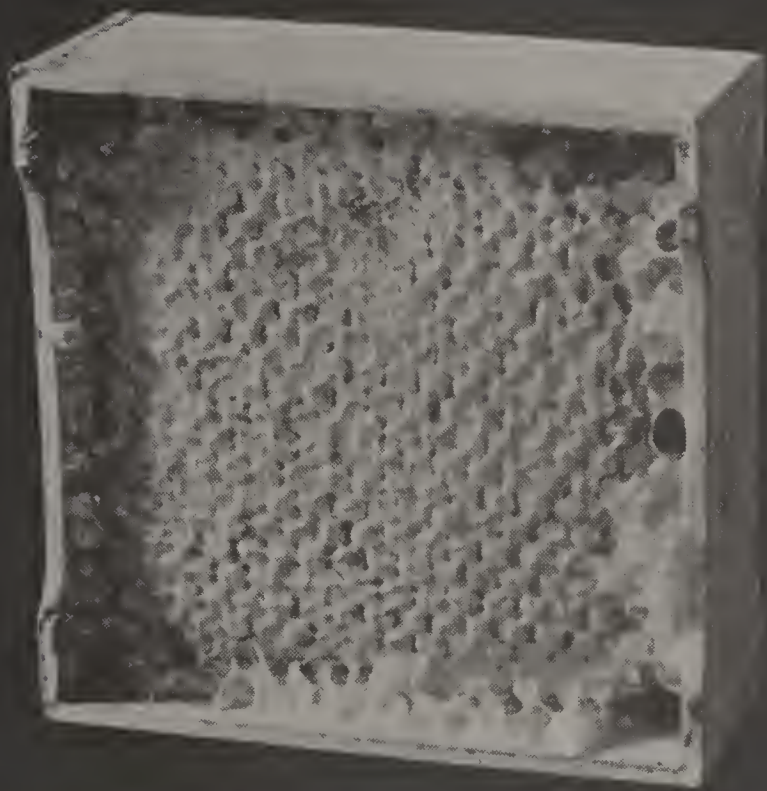
This small branch from an apple tree is covered with blossoms.

The picture was made in the spring when the honey bees were gathering honey from the apple trees.

You can see two bees. Each one is drawing juice from an apple blossom.

While the juice is being carried to the beehive, it is made into honey inside the bee's body.

The bees will put the honey into a honeycomb in the beehive.



## Honey

A honeycomb is made of many small pockets. The bees put the honey into these pockets.

Then the bees cover the ends of the pockets with wax so that the honey cannot run out.

It took many bees several days to fill this honeycomb with honey.

The beehive is the box in which the bees live. The bees make honey for the farmer's family and put it in the comb inside the beehive.

Some farmers have many hives. The bees make so much honey that these farmers sell some of it to city people.

Sometimes the honey is sent to the city in the honeycombs just as they come from the hives. At other times the honey is taken from the honeycombs and put into glass jars or pails. Then we call it strained honey.

Sometimes farmers find bees in a tree in the woods and take them home.

Honey and sugar are used in making candy. When you eat candy, think of the farm. That is where the sweet part of the candy came from.

The sweets are sugar, sirup, and honey.



# Vegetables



## Thirty-Six Vegetables

There are thirty-six of the food plants grown on farms that we call vegetables. We eat eight different parts of these food plants.

There are eight kinds of vegetables of which we eat the fruit. These are tomato, pumpkin, squash, cucumber, eggplant, watermelon, muskmelon, and honeydew melon.

There are five kinds of which we eat the leaves. These are spinach, lettuce, cabbage, artichoke, and Brussels sprouts.

There are three vegetables whose stems are the parts we eat. These are celery, rhubarb, and asparagus.

There are five vegetables of which we eat the seeds. These are peas, beans, sweet corn, popcorn, and lentils.

Have you had all of these to eat?

There are four vegetables of which we eat the seed pods or seed heads. Their names are okra, string bean, cauliflower and pepper.

When you look at okra, string beans, or peppers, you might think that they are fruits like cucumbers or tomatoes.

But when you break open the pods, you see that there is nothing inside but seeds. We eat the shell and the seeds.

The six vegetables with large roots are: carrot, radish, parsnip, beet, turnip, and rutabaga.

There are three vegetables with bulbs which we eat. These are onion, leek, and garlic.

And there are two vegetables which are called tubers. These are white potato, and sweet potato.

You will learn more about these.





## Tomatoes

Some tomatoes grow close together on one branch. These four tomatoes are growing on one branch.

A tomato plant is not as strong as a blackberry bush, and tomatoes are much heavier than blackberries. When many large tomatoes hang on a tomato plant, the branches bend over.

Tomatoes have smooth skins. The skin is as thin as paper. Inside there is a meat that tastes good. The small soft seeds grow in this meat.

The blossoms are small yellow flowers. When they fall off, tiny tomatoes begin to grow where the flowers were.

At first they are green. As they grow larger, they turn red or yellow. Then they are ripe.

The tomatoes in the picture are nearly ripe. When they are ripe, the farmer will pick them.

Tomatoes are good to eat raw. We eat them raw with salt or sugar. When tomatoes are cooked, they are good, too.

Farmers cook tomatoes and put them in glass jars for winter. In the city stores, people buy them in tin cans.

The juice is bought in cans, too.

## **“Tomatoes for Sale!”**

Nancy and Jane Brown live on a farm. They are playing store. They have tomatoes for sale. The tomatoes grew in daddy's field.

Nancy took a box from the cellar to the road. She put a paper on top of the box, and put tomatoes on the paper.

Daddy wrote the price on the box. When people drive by, they see that Nancy asks five cents for a pound of tomatoes and ten cents for three pounds.

Do you see the scale standing on the ground? The girls weigh tomatoes on it.

A pan is on the scale. Jane is putting tomatoes into the pan to weigh them.

There must be more than three pounds of tomatoes in the pan. Do you think Jane knows how many pounds are in the pan? No. She is too little to know.





## Pumpkins

This picture of pumpkins in the field was made before they were picked.

Some of these pumpkins will be used to make pumpkin pies. Many more will be fed to cows and pigs.

Animals eat pumpkins before they are cooked, but we eat them only after they are cooked.

Pumpkins have a hard, thick skin. Inside of this strong skin is the yellow meat.

Inside of the meat is the place where the seeds grow on stems that look like strings.

When the pumpkin vine is young it covers the growing pumpkins. But when the fruit ripens, the plant dies, and the leaves fall to the ground.

You do not see many leaves now.







## How Pumpkins Are Cooked

Helen is helping her mother by cutting a pumpkin into pieces.

Helen is putting these pieces into a pan. She will put water into the pan, and then put it on the stove.

After the pumpkin has cooked enough, Helen will take it from the stove and mash it with a potato masher.

Then the pumpkin will look very much like mashed potatoes. But it is yellow instead of white.

Cream and sugar and eggs are mixed with the mashed pumpkin to make pumpkin pies.

People in the cities buy pumpkin in tin cans to make pumpkin pies.

The pumpkin is put into the tin cans in factories. Farmers take big truck loads of pumpkins to these factories to sell.





## Muskmelons

Muskmelon vines are not as strong as grapevines. There is a hole through the middle of the muskmelon vine. These vines live only one summer.

Muskmelons grow best in a sandy place. It takes many weeks for the vines to grow.



When a muskmelon has grown as large as it is to grow, the meat inside begins to get soft. Then it is ripe.

The skin of a muskmelon is strong and thick. The meat inside is tender and full of juice.

In the middle of a muskmelon, there are a great many seeds. They are held together with many thin stems that look like strings.

When we eat a muskmelon, we cut it open. We take out these thin stems and the seeds, and throw them away. We eat only the juicy meat.

Sometimes farmers send the melons to stores in town. People buy the melons there.

We have muskmelons in late summer and in the fall. It takes them a long time to grow.



## The Honeydew Melon

The honeydew melon looks much like a muskmelon, but it has a smooth skin. The skin of the muskmelon is rough.

A piece of the melon has been cut out. You can see the seeds inside. We do not eat the seeds.

Some farmers send whole trainloads of melons to the cities.



## Watermelons

The watermelons on this vine are long. Not all watermelons are long. Some of them are almost round.

Watermelons have a thick, hard skin.

The white part near the skin does not taste good raw. But it is good when cooked and made into watermelon pickles.

Inside of this white part there is a red part that we like to eat.

You can see that the watermelons lie on the ground as they grow.



## Squash

The meat of the squash looks very much like that of the pumpkin. But the two vegetables do not taste quite the same.

We eat squash only when it is cooked. Sometimes Mother cuts a squash into several large pieces. Then she bakes them in the oven.

Sometimes she cuts the meat of the squash into small pieces. These she cooks in water. She mashes this squash as she does potatoes. Boys and girls like it very much.

Some kinds of squash can be kept nearly all winter. We call these winter squash.

Sometimes squash is put into cans. People buy the canned squash in the stores.

Farmers who live near cities raise squash with other vegetables to sell to people in town.



## Summer Squash

Here is a squash that will not keep in winter. It is a summer squash. It does not taste at all like winter squash.

You can see the thick stems of the vine. On the ends of these stems are large leaves. The squashes lie on the ground.



## Cucumbers

Someone has picked cucumbers from these vines and put them in a pail. They will be made into cucumber pickles. The pickles will be sold in stores.

If you want to pick cucumbers, you have to push the leaves away. The cucumbers grow under the big leaves. There are many leaves close together. The vines lie on the ground.



Inside the green skin the cucumber is almost white. It has a great many soft seeds.

Sometimes cucumbers are picked when they are very small. Mother puts these small cucumbers in salt water or vinegar to make cucumber pickles.

She puts dill with some pickles to make them taste different. They are called dill pickles.

She puts sugar and spices with others to make sweet pickles.

Mother uses the large cucumbers, too. She peels them, and cuts them into small pieces. She uses the pieces with other vegetables to make a salad.

When we eat small cucumbers, we eat the seeds, the skin, and the meat. We do not eat the skin of the very large cucumbers, because it has a bitter taste.



## Egg Plant

Uncle John showed Betty Ann and Charles a purple vegetable, shaped like an egg.

"This is an eggplant," he said.

He told Betty Ann to slice the eggplant. Then Aunt Anna fried it for supper. Betty Ann and Charles liked the taste of eggplant.

## Lettuce

Some lettuce grows in heads, like cabbage. This we call head lettuce. Some lettuce has long leaves, and this we call leaf lettuce.

We eat both kinds of lettuce as a salad. We call it lettuce salad.

Mother also makes other salads with lettuce leaves. She puts the leaves on a plate with cucumbers, tomatoes, radishes, and other vegetables. We call this a vegetable salad.

She puts fruit on lettuce leaves to make fruit salad. We should all eat salads.

We need to eat lettuce because it has some things in it that help to keep us well.

We need it in the summer. And we need it in the winter when there are not so many green vegetables to be had. Green vegetables are always good for us.



## Spinach

Spinach makes boys and girls strong. Doctors tell us that there is more iron in it than in most vegetables. Our bodies need iron.

Edith Allen is picking spinach. Spinach, you see, is a plant that has many leaves. We eat only the leaves.

Edith breaks the leaves from the plant and puts them in the basket.

Her mother will wash the fresh leaves carefully, because often there is dust on them. Then she will cook the spinach leaves in water.

Spinach tastes very good with salt and butter on it.

Spinach is often put into cans and sold in the stores. Mother does not have to wash the spinach she buys in cans. It was washed before it was put into the cans.





## Artichokes

The artichoke plant looks like a thistle when it has blossoms on it. The head is formed of short thick leaves which grow very close together.

Artichokes must be cooked. We eat only the tender part of the leaf which grows next to the stem. This is very good when dipped in melted butter.



## Cabbage

Cabbage grows on a low plant. In the center of the cabbage plant, the leaves grow together very tightly. That makes what we call the head.

Cabbage is taken from the fields while it is young. Then it makes good food. We can have cabbage all winter if the heads are kept cool and dry.

We eat cabbage in salads before it is cooked. It is good for us to eat raw. We also eat cooked cabbage.

Most cabbage has green leaves, but some has red leaves. That is called red cabbage. The red cabbage has a different taste.

Some cabbage is cut into long thin pieces and put into salt water. When this is taken out of the salt water to be cooked, we call it sauerkraut. It is sold in cans and from barrels in the stores.

## In the Cabbage Field

George Smith has two bushel baskets filled with cabbage.

George grew more cabbage than his mother could use. He is taking these two bushels of cabbageheads to a place near the road.

His little sister will sell them to people who pass in automobiles. She will weigh the cabbage. The people will pay two or three cents for each pound.

Before George sells the cabbage, he cuts off the large leaves on the outside of the head. These are not used for food.

Only those leaves that are pressed tightly together to make the head are used for food. George will feed the other leaves to the cows.

The cows would eat the cabbageheads, too, if they could get them.





## Brussels Sprouts

Brussels sprouts look like tiny cabbage-heads. As you see in the picture, many of these tiny heads grow on the sides of a tall stalk or stem.

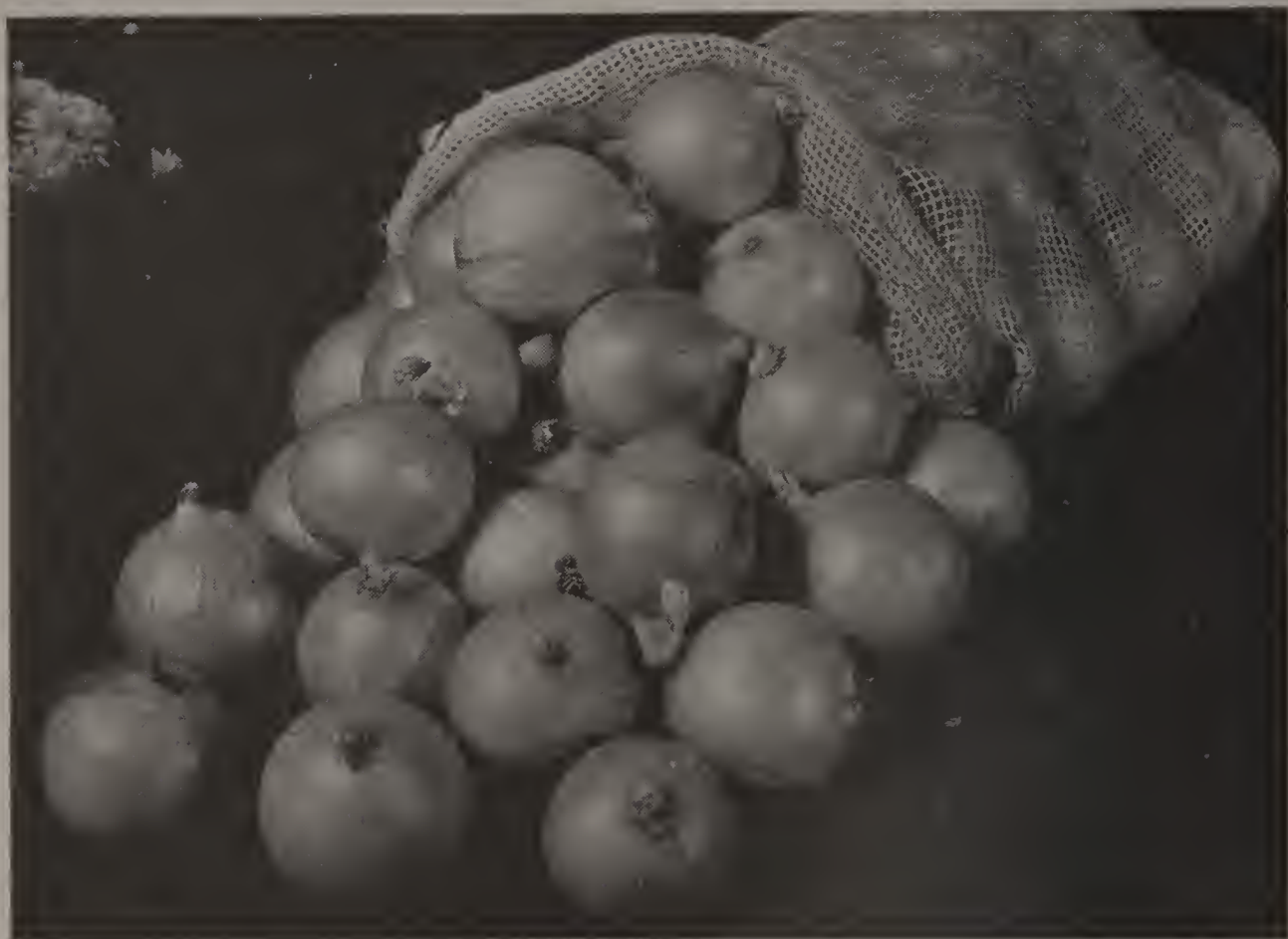
There are large leaves at the top of the stalk.

The little heads are cut from the stalk with a knife. Farmers send them to the city. There they are sold in food stores in small boxes that look like strawberry boxes.

We eat Brussels sprouts only after they are cooked. They taste very much like cabbage. They belong to the same family as cabbage and cauliflower.

Only the tiny heads are used for cooking. Cows and sheep like the big leaves of the plant, but people do not eat them. They do not taste good to us.





## Bulbs

A bulb is something like a cabbage-head. It has many leaves pressed tightly together. But a bulb grows under the ground.

The bulbs in this picture are onions.

There are three kinds of vegetable bulbs: onion, leek, and garlic. All of these have a very strong smell.



## Onions

Onions grow from small seeds. When the onion plants first come through the ground they look almost like grass. We must be careful when we pull weeds near these tiny plants. We might pull up the onions.

When the onion bulb is very young and not much larger than the stem, we eat it without cooking. We call it a green onion. But the part we eat is white.

Ask your mother to show you a little green onion. You will see that the top is green and the bottom is white.

When the onions are ripe, the stems turn brown and fall to the ground. We pull the onions out of the ground. We break off the stems and put the bulbs in boxes or crates to dry in the sun.

Dried onions will keep all winter.

## Harry's Onions

This boy's name is Harry. He is standing behind four boxes which are filled with onions.

Harry grew these onions. He belongs to a boys' and girls' club. It is called the 4-H Club.

Many farm children belong to clubs like this one. All the children must grow something or do some work to earn money.

Harry's onions are ready to put into the cellar. Here they will be kept for the winter. Do you see the other boxes back of Harry? There are so many that you cannot count them.

Do you think Harry's mother can use all of these onions this winter? No, indeed! Harry will sell most of them in town. He will save the money he gets for them.





## Vegetables with Large Roots

There are six kinds of vegetables whose roots grow larger near the top of the ground than farther down. We eat these large roots.

These six vegetables are: carrot, radish, parsnip, beet, turnip, and rutabaga. The radish has the smallest root, and the rutabaga has the largest one.

The radish is ready for eating in the spring. The others are ready later.

All of these vegetables are good for boys and girls. Vegetables take something from the ground that our bodies need. We feel better when we eat them.

We eat radishes raw. We eat carrots and turnips both raw and cooked.

Parsnips, beets, and rutabagas must be cooked before we eat them. They do not taste good raw.



## Turnips

The turnips you see here are the large roots that grew under the ground. The leafy tops have been cut away.

After turnips are cooked, they look very much like potatoes. Turnips are boiled and sometimes they are mashed like potatoes. Some children like to eat turnips raw.



## Beets and Carrots

These vegetables are beets and carrots. They are being covered for the winter. The long ones are carrots and the short ones are beets. Can you find a beet?

Beets are red roots. Carrots are an orange color.



Sometimes farmers keep beets and carrots in the cellar. Sometimes straw and dirt are used to cover them in the garden, as you see in this picture.

In the spring these vegetables are taken out and cooked. They are almost like fresh vegetables then. We can use them before the fresh vegetables are ripe.

The beets and carrots shown here have been put into a barrel. Straw has been placed on top of the barrel.

Then dirt was put over the straw. More straw was put on the dirt, and more dirt put on top of that straw.

After a while, the farmer will cover the end of the barrel in the same way. He will leave the beets and carrots in the garden until spring.

They will keep all winter when they are covered this way.



## A Celery Field

This is a field of celery. You can see only the green leaves. We eat only the stems or stalks, which you cannot see.

These men are putting dirt around the stems. We say that they are "hilling" the celery, because they make a hill around the plant with hoes. You can see the hills in the picture.

If the celery is not covered, the stems stay green. We want the stems to be white for they are more tender then. We enjoy eating nice white celery.



## Rhubarb

One morning Betty Ann pulled some rhubarb for a pie. Rhubarb is often called pieplant.

Sometimes the long stems are made into sauce. We eat rhubarb only after it is cooked.

A rhubarb leaf grows to be larger than your two hands and two feet put together.



## Asparagus

We eat only the thick, tender stems of the asparagus plant. These stems grow early in the spring.

In the picture you see four long stems that are big enough to eat, and two short ones that are just coming through the ground.

When the fine green leaves that look like feathers begin to grow, the stems are too old to eat.

Asparagus grows from the same root every year. If a farmer wants more asparagus, he breaks off a piece of the root and plants it in the ground.

A new plant grows from this piece of root. Many plants can be grown from one root by breaking it into pieces.

Asparagus must be cooked in water until it is soft.



## Vegetable Seeds

There are five vegetables that give us the seeds to eat. These are: pea, lentil, bean, popcorn, and sweet corn.

You know how we break open the green shells of the pea to take out the seeds that grow inside.

Lentils look much like peas. Lentils are dried before the seeds are taken out. The dry seeds are used in making soup.

Some beans are dried before the seeds are taken out. Some beans are taken out while they are green.

Popcorn and sweet corn have seeds growing all around a cob. We take popcorn seeds from the cob by rubbing two ears together. We eat the sweet corn while it is young and before the seeds are ripe.

We eat only the seeds or kernels.





## Beans

Some beans are shelled like peas. We eat only the seeds of these. But we eat both seeds and shells of string beans.

In this picture you see Ruth and Alice breaking string beans into small pieces.

Lima beans are shelled like peas, when the beans are green. We eat the flat seeds which are inside. We eat the seeds of dried lima beans, too.



## Shelling Peas

Bess is the name of this little girl. She lives on a farm. In the garden there are many small plants on which peas have grown.

Bess and her mother have picked the pea pods from the plants. Now Bess is sitting on the ground, taking the seeds out of the pods.

She likes to take peas out of the pods. When she gets the pan full, she takes it in to Mother. Bess is a good girl to help her mother.

Do you wonder why Bess is shelling so many peas?

Her mother is going to can the peas. She will cook them, and then put them into glass jars or cans.

She will put the peas away, to be used in winter.



## Picking Sweet Corn

John and Ted are pulling sweet corn from the tall cornstalks. They think it is fun. See John smile.

John is older. He picks the corn from the stalk, and Ted holds the basket. The basket is almost full.

Do you know how John can tell when the corn is ready to pick?

There are some threads that he can see on the end of each ear of corn. We call these threads "silk." When the silk has turned brown, we know that the corn is old enough to use.

We eat only the kernels. So, before Mother cooks the corn, the boys will pull off the husks. They will pick off the threads of brown silk.

Then Mother will put the ears into hot water to boil.



John has pulled back the husks on one ear of corn. In the picture you can see how the ear looks. You can see the white kernels and the silk threads, too.

Sometimes the corn is cut from the cob with a knife before we eat it. Sometimes we take the ear in our hands and bite off the kernels.

Sometimes the sweet corn is cut from the cob and put into glass jars.

These jars are closed so that no air can get in. Then the corn does not spoil. The jars are put into water. The corn is cooked on a stove in the jars. Then the jars are put away on shelves.

In this way, the corn can be kept all winter. When Mother wants to have sweet corn for dinner in winter, she will open one of these jars. The corn will taste the same as when it was first cooked.





## A Popcorn Party

Do you know what the boy has in the pan? It is popcorn. He has just popped it over the fire.

The kernels of popcorn are much smaller than the kernels of sweet corn or field corn.

After the kernels are well dried, if they are held over a fire, they will pop open. Then they are large and white.

It is the inside of the kernel that is white. The kernel turns inside out when it pops. Then salt and butter are put on the popcorn.

These children have apples and popcorn. They are having a nice party by the fireplace.

Popcorn is raised on farms. It looks like other corn when it is growing in the fields.







## Peppers

When Betty Ann cut open a pepper, she saw no meat in it. There was only the pod and the seeds. We do not eat the seeds. We eat the thick pod.

The pods of green peppers are cut into small pieces and are used in salads and soups. You would not enjoy eating a pepper pod as you eat an apple. A red pepper would make your mouth hot.

You would think that your mouth was on fire if you ate a whole pepper pod. But when small pieces are put into salads, or into soup, some people think the food tastes better.

Sometimes peppers are hung from boards and dried in the sun. They will keep a long time after they have been dried. Dried peppers are used in soup and with meats. They are often used in making pickles.

### **Okra**

The okra plant is another vegetable of which we eat the pod. It has a long thick pod in which the seeds grow. This pod is cut into small pieces and is cooked with tomatoes. It is used also in soup.

You would not like the taste of okra pods before they are cooked. But after they are cooked they taste good.



## Cauliflower

The part of the cauliflower plant which we eat is this head of white stems on which the seeds grow.

Cauliflower is boiled in water to make it tender. It is baked, too. Sometimes pieces of cauliflower are put in vinegar with cucumbers and other vegetables to make sweet pickles.



## Tubers

Some plants have a large part under the ground which we call a tuber. Potato plants have tubers, which we eat.

A tuber grows on a thin stem which is not a root. A tuber is not a part of a root. It is a part of a plant that is not found on very many vegetables.

It is not the seed. It is not the fruit of the plant. Yet new plants will grow from the tuber.

There are two kinds of potatoes. One we call the white potato. The other we call the sweet potato.

The meat of the white potato is white. That of the sweet potato is yellow or brown.

Sweet potatoes grow best where it is warm most of the time. White potatoes grow best where it is cold in the winter.

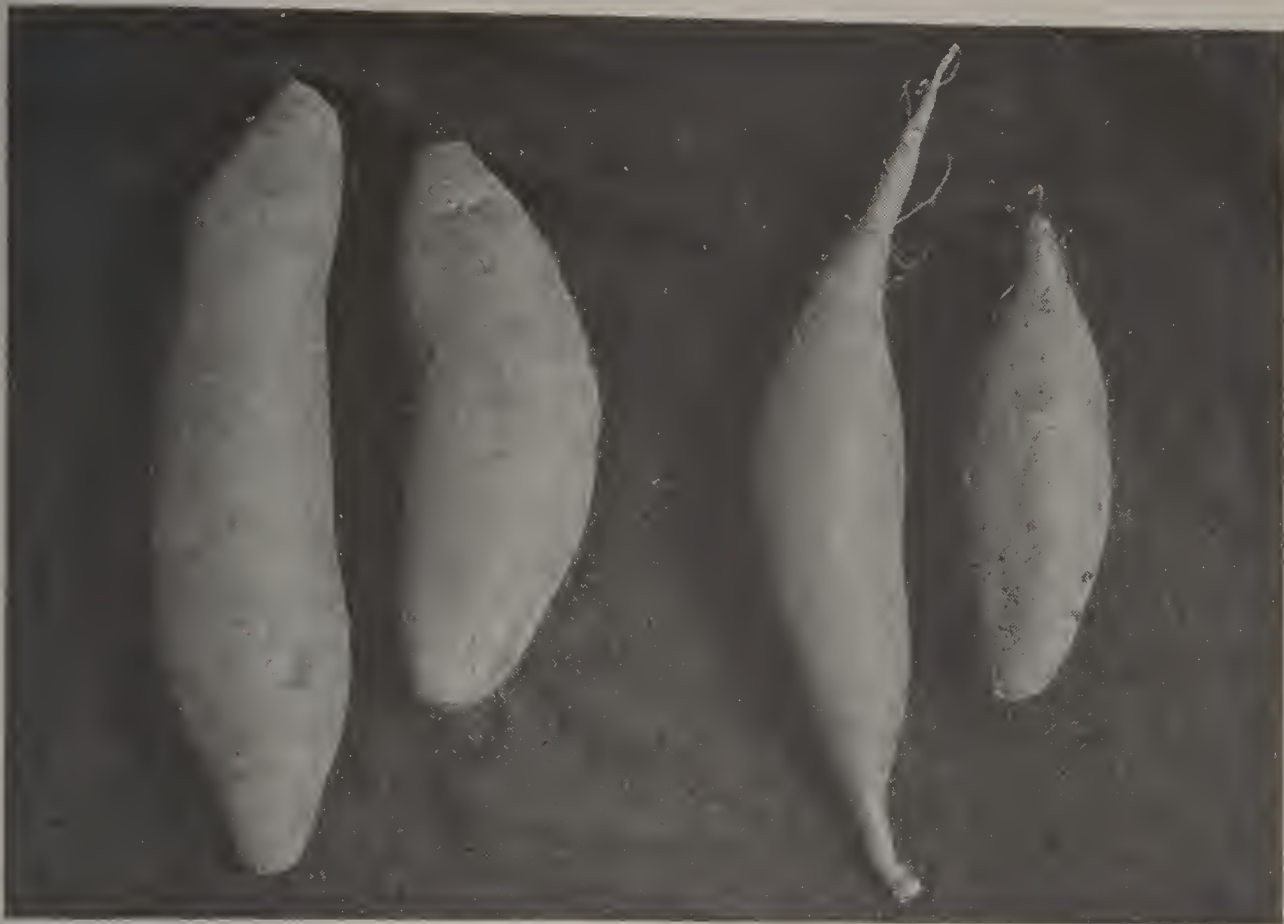


## How Potatoes Grow

Here you see new potato plants growing from each "eye." The eye is the spot on the potato from which a new plant begins to grow. These are white potatoes.

Farmers cut potato tubers into several pieces. They make sure that there is at least one eye in each piece. Then they plant these pieces in holes and cover them with dirt.

We eat more white potatoes than any other vegetable. Almost every farmer raises some white potatoes.



## Sweet Potatoes

Some sweet potatoes are longer than white potatoes. They are yellow or brown in color. They are often thin at each end. They taste sweeter than white potatoes.

Sometimes sweet potatoes are baked with their skins on. Then we break them open to get the meat. When they are boiled the skin comes off easily.



## Storing Sweet Potatoes

Frank Smith is putting these sweet potatoes into a pile in the field. You can see that the potatoes are being piled over straw.

When the pile is big enough, Frank will put straw on top. Then he and his father will throw dirt upon the straw until it is all covered.

Potatoes must be kept dry all winter, or they will not be good. That is why Frank put some cornstalks and sticks in the middle of the pile before he put on the dirt.

Air gets in between the cornstalks. The air keeps the potatoes dry.

When the farmer sells his sweet potatoes, they are put into baskets or barrels. These are put into railroad cars and taken to the city.



## How Farmers Dig Potatoes

This machine is a potato digger. Two wide plows dig deep into the ground and lift the dirt, potatoes and all.

The dirt and potatoes are moved over the machine. The dirt falls at once to the ground.

By the time the potatoes drop to the ground at the back end of the machine, there is no dirt on them. Then boys and girls pick them up and put them into boxes, bags, or barrels.

This is a large potato field. There are enough potatoes in this field for all the families in a small town. These potatoes will be sold in the city.

Very few people in the cities grow potatoes for their own families. So they must buy them from the farmers who raise potatoes to sell.





## Things We Have Learned

Vegetables are very important foods. If we had no vegetables, we would be sick. At the North Pole it is too cold for anything to grow. Men who go there take vegetables with them to keep from getting sick.

Most farmers raise vegetables enough for their families. Some farmers do not grow anything except vegetables. A farmer who grows vegetables to sell is called a market gardener.

You have learned that many fruits grow high above the ground on bushes or trees. But vegetables grow under the ground or on low plants.

We cook most vegetables before we eat them. But there are a few that we eat before they are cooked.

Some we eat both raw and cooked.



# Eggs





## Hunting Eggs

Susan and her mother find nice white eggs in the nests in the chicken house. Susan likes to go with her mother to get the eggs.

Here you see Susan's mother in the chicken house. She has a large basket filled with eggs.

You can see chickens on three of the nests. Another chicken has just stepped out of a nest.

Both Mother and Susan have eggs in their hands. Susan has two eggs in her hand and Mother has three.

Mother finds duck eggs near the barn. She finds some goose eggs in the weeds near the garden.

We do not often eat duck eggs or goose eggs. They are used sometimes in making cakes and muffins.



## How We Use Eggs

Many railroad cars full of eggs go from farms to cities every day. The eggs are put in the stores where city people buy them.

Almost everyone eats eggs. Eggs and milk are two of the best foods for boys and girls. Eggs and milk are good for grown people, too.

Eggs are cooked in many ways. They are fried. They are boiled. They are scrambled. They are poached.

Eggs are often eaten for breakfast.

Eggs are mixed with flour and sugar and other things, to make cakes, cookies, pies, muffins, and other goodies.

Ask Mother to cook an egg for you in a different way each day, until you see how eggs taste when boiled, scrambled, fried, or poached.



# Nuts



## Nine Kinds of Nuts

There are nine kinds of nuts grown in this country which most children like.

The names of these nuts are: black walnut, English walnut, butternut, pecan, hickory nut, hazelnut, peanut, chestnut, and almond.

Seven kinds of nuts grow on trees. Can you name these seven kinds?

Black walnuts, butternuts, chestnuts, and hickory nuts grow on trees in the farmers' woods and pastures.

Pecan trees, almond trees, and English walnut trees are planted in orchards, just as are apple trees.

Hazelnuts grow on bushes beside farm roads or in pastures. Peanuts grow under the ground like potatoes. They are grown in large fields. Most peanuts are grown in sandy ground.

## Butternuts

Butternuts grow on trees. There is a thin green hull around the shell.

The shell is thick, and it is very rough. It has sharp pieces all over.

If you held a butternut tightly in your hand, it would almost cut your hand. Don't try it!

Butternuts are long. When we crack them, we hold them between our fingers on a stone or on a flat iron, and hit them on one end with a hammer.

When the nuts break open, we find the meat inside. It tastes good.

We use butternut meats in candy and cakes. You would like to eat butternut meats with salt.

We like to crack butternuts on winter evenings. It is nice to eat butternuts and popcorn while sitting near the fire.





## Black Walnuts

When black walnuts fall from the trees, they have thick green hulls around the shells. Later the hulls are black.

Helen and Ruth are breaking the hulls from black walnuts. The girls use bricks to pound the soft hulls.

Helen has put a nut on one brick and is hitting it with another brick.

This cracks the hull so that she can pull it away from the shell.

It would be better if she used a hammer to break the hulls.

The girls will put the nuts on top of a big box so that each shell can be dried in the sun.

After the shells have dried for several days, the nuts will be put into a basket.

In winter, the girls will break open the nuts and eat the meat that is inside the shell.

Black walnuts are used in candy. They are used in cake, too.

We like to eat black walnuts as they come from the shell. We like them in salads.

Walnuts are good for children.



## Hickory Nuts

Hickory nuts grow on hickory trees. The nuts have a hard, thick green hull around them.

When the nuts are ripe, these hulls turn brown. Then the hulls fall off and the nuts drop to the ground.

We must break the hard white shell with a hammer to get at the meat. The meat is used often in cakes.



These children are eating hickory nuts. Chester is breaking one open. Martha is eating a nut that Chester opened for her. It tastes good.

You see a basket full of hickory nuts on the ground near Chester. The children picked up these nuts under the tree.

Some farmers grow pecan trees and have the pecan nuts to sell.

Some farmers grow almond trees.

Some farmers grow English walnuts.

These nuts are all sent to stores, where people in the city can buy them.

Hazelnuts and butternuts and chestnuts can often be found along a road in the country. The farmers' children find them in the woods on the farm. They gather them to eat or to sell.

Can you name the nine kinds of nuts about which you have read?

## Hazelnuts

Hazelnuts are small and round. They grow on bushes. Hazelnuts grow in bunches something like grapes.

Instead of each nut being by itself, it is in a hull. The hulls around the nuts are fastened to each other in bunches.

After these green hulls have been dried, they are broken away, and the hard brown shell of the hazelnut is seen. The meat is inside this shell.

We place these nuts on a box or on the roof of the barn until they are dried. Then we put them in a bag.

The nut we call filbert is a hazelnut. We often have filberts at Christmas. Sometimes we find them in candies.

We like nuts to eat when it is cold outside.

How many kinds of nuts do you like?



## Peanuts

Peanuts grow on low plants. The nuts grow on stems that force their way into the ground as they grow. The nuts grow after the stems are under the ground.

The plants grow all summer. The nuts do not get ripe until fall.

When it is time to take the peanuts out of the ground, the farmer pulls on the plant. Up come the roots and also the peanuts, as you see them in this picture.



The plants, with the peanuts on them, are put in big piles and left in the field to dry.

Then the peanuts are picked off the stems and put into big bags. These bags are sent to the city. Before we buy them to eat, the peanuts are roasted in an oven.

Peanut plants live only one year. Seeds must be planted each year to grow more peanuts.

Peanuts are grown where the ground is almost all sand.

They have the softest shell of all of the nuts. You can break these shells with your fingers.

You cannot break the shells of the other nuts with your fingers.

Some peanuts are made into peanut butter. Some are made into candy.

# Grains



## Corn

This little boy is in his daddy's cornfield. He has three big ears of corn on his arm. He is reaching for another ear.

Do you think he will be able to get it? It is very high from the ground. He can just touch it. He did not pick the corn that he is holding. His daddy picked it and gave it to him to carry.

This is the kind of corn that is used as food for animals. It is called field corn. Field corn is a grain. Horses, cows, pigs, and chickens eat it. On page 168 you will learn how people use field corn for food.

The corn we eat from the cob in the summer is called sweet corn. We use it as a vegetable.

Field corn almost always grows taller than sweet corn.





## Corn Meal

Do you know how field corn is used for food? The seeds of the corn are broken into tiny pieces in a mill. We call the small pieces corn meal.

Corn meal is used as flour in making corn bread, corn cakes, and corn muffins.

Corn bread is made with corn meal and milk and eggs. It is baked in the oven. We sometimes call corn bread Johnny-cake.

In the South corn meal, salt, and water are mixed together and made into little cakes. These are cooked over a fire. These cakes are called corn pone.

Corn meal is sometimes cooked as a breakfast food. We call it mush.

Corn is used in making sirup, starch, and other things in factories. More corn is grown than any other grain.



## Wheat

This picture shows how heads of wheat look. They grow at the tops of the stalks.

At first the heads are green. When the wheat is ripe, the heads are yellow.

Each head is made of a number of shells growing close together. Inside each shell is a kernel of wheat. The brown kernel is hard.



## Playing in the Wheat

Doesn't Joan Welch look happy? Do you know why she is laughing? She is sitting in a truck, playing in the wheat. Joan is catching the wheat on her hands. She likes to feel the wheat when it comes down on her hands and arms.

The stalks of wheat are bound into bundles in the field. These bundles are taken to the threshing machine.

This machine takes the kernels of grain out of the shells on the heads of the wheat. Then it blows the dust away. Joan is catching the wheat as it comes from the machine.

The stalks that are left are called straw. These the machine blows into a pile. We call this a straw pile.

Children like to play on a straw pile when they go to a farm.



## Making Bread

Wheat is taken to a mill to be made into flour. The kernels are ground in a machine.

The inside of the wheat kernel is white. When this white part is ground, it makes white flour.

The outside of the kernel is brown. It is not used in making white flour.

Whole-wheat flour is made by grinding all the wheat.

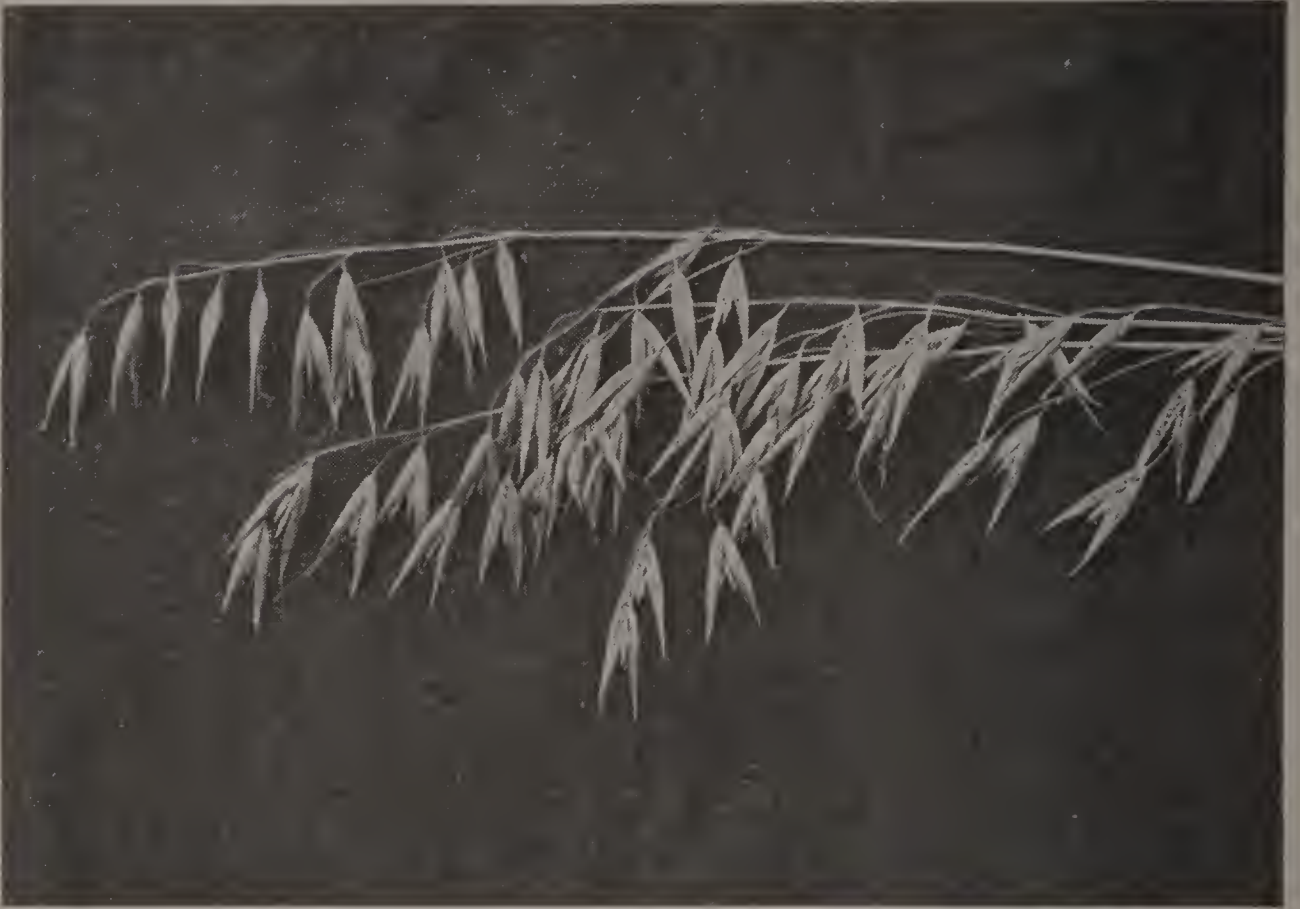
White bread is made from white flour. Whole-wheat bread is made from whole-wheat flour. Rye bread is made from rye flour.

Mother mixes the flour with water and some other things to make dough. The dough is put into the oven.

In the picture, Mrs. Allen is taking a pan of bread out of the oven.







## Oats

These are heads of oat plants. The shells are long. On the inside of the shells are the oat kernels.

The oat shells are not so close together on the stalk as the shells of the wheat. Each shell is on a tiny stem.

When the grain is ripe, it is taken from the stalks by a threshing machine.

## Oatmeal

Oatmeal is made from the oat kernels. The kernels are taken to a mill in bags. The shells are taken off and the meat is run through heavy rollers and pressed flat.

Mother buys flat oats at the store. It is called oatmeal or rolled oats. She cooks this food for your breakfast. It makes children grow strong.

Mother sometimes uses oatmeal in making cookies. Oatmeal is used with wheat flour in making oatmeal bread and oatmeal muffins.

Oatmeal is fed to baby chicks.

We do not eat oats until the shells have been taken off. The shells are hard. We do not like them, but farm animals eat the shells with the oats.

So, you see, oat kernels are used as food for us and as feed for farm animals.





## Barley

Barley heads look different from the heads of wheat, don't they?

Barley is used for making soup. It is also used in making breakfast foods which are bought in stores in paper boxes.

Have you eaten a breakfast food made of barley? Ask Mother to help you read what is on a box of breakfast food.



## A Rice Field

This is a farmer working in a rice field. Rice plants must have much water. That is why they are grown in flat fields near rivers.

The farmer is making a ditch so that the water from the river will spread over the fields.

Other grains do not need so much water.



## Rice

Here are heads of rice. They do not look like the heads of any other grain. You can see the shells. The kernels are inside. Each shell is on a short stem which grows on a longer stem.

When you look at the picture, you can say to yourself, "That is what rice pudding looks like when it is still in the field."



When Mother buys rice, the kernel is very smooth. When the rice is in the field, the shell is rough. It does not look like the rice that Mother buys.

After the shell has been taken off, we find that the kernel is rough, too, and gray in color. The kernels are run through machines that make them smooth and white.

We eat the rice after it is boiled. We make pudding with it, too.

Rice is used for breakfast food. When you get this breakfast food in the store, it is called rice flakes.

Some people in China, in Japan, and in India have nothing but rice to eat.

We do not eat rice very often. That is because we have so many other kinds of foods that are raised on farms. We do not have to eat one kind of food only.

## Rye and Buckwheat

Rye flour is made from rye grain. When you see it standing in the field rye looks very much like wheat.

But the rye kernels are long and thin. They are not as big around as wheat kernels. They are almost the same color as wheat. Ask your daddy to get you some kernels of wheat and some kernels of rye.

If you eat buckwheat pancakes, you may wonder where the buckwheat flour comes from. It comes from a grain called buckwheat. The kernels are black. But inside they are almost white.

Before pancake flour is made from the kernels, the black shell must be taken off.

Only a few farmers grow buckwheat. It is sold to the owners of mills. The kernels are ground into flour.

# Meats





## Sunday Dinner

Almost every Sunday the farmer's wife has chicken or duck or goose or turkey for dinner. Sometimes she has chicken for dinner during the week, too, because most farmers have chickens to lay eggs and to make meat for the family.

The lady in the picture on page 181 is cooking a turkey. She is using a big spoon to put gravy on the turkey. When she puts the turkey into the oven, she puts another pan over the top. We say that she is roasting the turkey.

Almost everyone likes turkey meat. Most of us like duck and goose meat, too. But more chickens are eaten than turkeys, ducks, or geese.

A few farmers raise guinea fowl. But it is not often that any of us have guinea fowl for dinner.



## Beef

The meat in this picture is beef. It is the meat we get from cows.

Beefsteak will be cut from the piece at the right. We call it round steak.

The piece at the left will be roasted in the oven. Then it will be called roast beef. The white in the picture is fat or bone. The dark is meat.

## Farm Meats

There are thirteen kinds of meats that come from the farm. These are: beef, veal, pork, mutton, lamb, goat, chicken, duck, goose, turkey, guinea fowl, rabbit, and squab.

Beef is the meat of cows. Veal is the meat of calves. Pork is the meat of pigs. Mutton is the meat of sheep. Squab is the meat of young pigeons.

The meat of lamb, goat, chicken, duck, goose, turkey, guinea fowl, and rabbit are each called by the name of the animal.

We eat more beef than any other kind of meat. We eat less of guinea fowl, rabbit, and squab than other meats.

It is good for us to eat different kinds of meat. That is why mothers often give their families beef one day, pork another, lamb another, and chicken another day.



I think I should say that if you go to the meat market and ask for goat meat, you probably will not get any. The butcher may tell you that he does not sell goat meat at all.

Sometimes goat meat is sold in the meat market as lamb. Goat meat is so much like lamb that you could not tell the difference. But it is not right to say goat meat is lamb, is it?

Some farmers raise pigeons. The meat of pigeons is very good to eat. Young pigeons are called squabs. They look like tiny chickens when they are cooked.

Farmers raise farm animals so that their families will have meat to eat. The farmer also sells some of his animals so that people in the cities can have meat.

In the cities we can get all thirteen kinds of meats in meat shops.

## Foods from the Farm

Do you wonder what we would do for food if it were not for the farmers?

You have learned in this book that most of the food we eat comes from farms.

The farmer gives us 108 different kinds of foods. You will find the names of these foods on the pages right after this one.

There are twenty-seven fruits.

There are six dairy foods.

There are seven sweets.

There are thirty-six vegetables.

There are three kinds of eggs, and nine kinds of nuts.

There are seven kinds of grains, and thirteen meats.

Which foods do you like best?

Which foods do you think are best for you to eat?

How many foods can you name?

ONE HUNDRED EIGHT FOODS  
WHICH COME FROM FARMS



## **Twenty-Seven Fruits**

### **Three Fruits with Cores**

Apple      Pear      Quince

### **Eight Fruits with Stones**

Plum      Prune      Peach      Apricot  
Persimmon      Cherry      Olive      Date

### **Five Citrus Fruits**

Orange      Lemon      Lime  
Grapefruit      Tangerine

### **A Fruit That Is Mostly Seeds**

Fig

### **A Berry That Grows on a Tree**

Mulberry

### **Six Fruits That Grow on Bushes**

Blackberry      Blueberry      Loganberry  
Currant      Raspberry      Gooseberry

### **One Fruit That Grows on a Vine**

Grape

### **Two Fruits That Grow on Low Plants**

Strawberry      Cranberry

# Thirty-Six Vegetables

## Eight of Which We Eat the Fruits

Tomato      Eggplant      Pumpkin      Squash  
Cucumber      Muskmelon      Watermelon  
Honeydew Melon

## Three of Which We Eat the Stems

Celery      Rhubarb      Asparagus

## Five of Which We Eat the Leaves

Spinach      Lettuce      Cabbage  
Brussels Sprouts      Artichoke

## Five of Which We Eat the Seeds

Sweet Corn      Popcorn      Bean      Pea      Lentil

## Six of Which We Eat the Large Roots

Carrot      Radish      Parsnip  
Turnip      Rutabaga      Beet

## Three of Which We Eat the Bulb

Onion      Leek      Garlic

## Four of Which We Eat the Seed Pods or Seed Heads

Okra      String Bean      Pepper      Cauliflower

## Two of Which We Eat the Tuber

Irish Potato (white)      Sweet Potato (yellow)

## **Milk and Five Foods That Come from Milk**

Milk	Cream	Butter	Ice Cream
	Cheese	Buttermilk	

## **Seven Sweets**

### **Three Kinds of Sugar**

Maple	Cane	Beet
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### **Three Kinds of Sirup**

Maple Sirup	Corn Sirup	Sorghum Molasses
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### **Honey**

## **Three Eggs**

Chicken Egg	Duck Egg	Goose Egg
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## **Nine Nuts**

### **Seven Nuts That Grow on Trees**

Black Walnut	English Walnut	Butternut
Hickory Nut	Pecan	Chestnut
	Almond	

### **Two Nuts That Do Not Grow on Trees**

Peanut	Hazelnut
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## **Seven Grains**

Wheat	Oats	Barley	Rye
Buckwheat	Rice	Corn	

## **Thirteen Meats**

Beef	Veal	Pork	Mutton	Lamb
Goat	Chicken	Duck	Goose	
Turkey	Guinea Fowl	Squab	Rabbit	

## About the Book

STORY PICTURES OF FARM FOODS is the second of a series of primary books dealing with farm life. The others are STORY PICTURES OF FARM ANIMALS and STORY PICTURES OF FARM WORK. Together these three books form the basis for the farm unit in primary social studies.

This series of farm life readers has been written with four definite objectives:

1. The development of an appreciation of farm life and the work of the farmer.
2. To emphasize man's dependence on the farm for food and clothing.
3. To show the relationship between the farm, food, and the home.
4. The widening of the child's horizon through the presentation of material understandable because of past experience and environment.

STORY PICTURES OF FARM FOODS tells in a simple way the story of foods grown or produced on the farm. The production of these foods, their preparation for consumption, and the processes by which they reach the city stores, make a story which will hold the interest of the primary child, and enable him to correlate the material with his own experiences, whether he lives in the country or in the city.

There are 101 unusual photographs of grains, dairy products, fruits, vegetables, and meats, to supplement and augment the stories of more than 100 farm foods.

The vocabulary has been checked with the Gates List and the correlation is high. All ordinary words used are found in the Gates List. The only words not found are those few needed for the treatment of the subject.









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